



DEPARTMENT OF THE NAVY  
COMMANDER, NAVY INSTALLATIONS COMMAND  
MILLINGTON DETACHMENT  
5720 INTEGRITY DRIVE  
MILLINGTON, TN 38055-6500

1710  
N221  
30 AUG 2006

From: Head, Mission Essential Branch (N221)

Subj: NAVY FITNESS PROGRAM WORKSHOP

Encl: (1) Navy Meeting Agenda  
(2) 2006 Athletic Business Conference Booklet

1. The Navy Mission Essential Staff will conduct the 2006 Navy Fitness Program workshop for all MWR Fitness personnel on 13 November 2006 in conjunction with the 2006 Athletic Business Conference. The Athletic Business Conference will be held 14 November to 17 November 2006 at the Mandalay Bay Convention Center, Las Vegas, Nevada. The Navy session will begin at 0800 on November 13th at the Mandalay Bay Hotel, Islander Room F and will end at 1700 on the same day. Both the Navy Meeting and the Athletic Business Conference seminars will provide information and updates on current issues in the areas of fitness, sports and aquatics. Enclosure (1) is the Navy Meeting Agenda. Enclosure (2) provides registration and program information for the Athletic Business Conference.

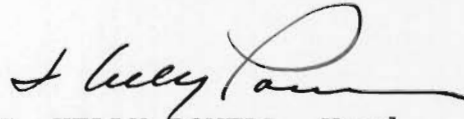
2. To register for the 2006 Athletic Business Conference, use the registration form in the back of Conference Brochure or do so on-line. Conference registration, transportation, and per diem expenses are the responsibility of each command. There are several other hotels located near the Mandalay Bay Convention Center if you choose to search on-line so please book your rooms early to guarantee your reservations.

3. We are asking that you to go on line to register for the Navy Workshop. The Navy Workshop is free and open to Navy MWR and Active Duty Personnel. If you would like to attend, visit <https://learnmwr.persnet.navy.mil> to enroll. LearnMWR is accessible through Internet Explorer (I.E.) 6.0 or higher. A few things to remember about LearnMWR: Instructions for creating a log-in ID are located on the "New Users" screen. If you have never logged in to LearnMWR but had training before, start at "New Users":

1. Use your SSN as your login I.D.
2. Use 9999 as the password vs. your date of birth
3. Change your password to your DOB once you get in. You only have to change it once, not every time you log in. After clicking "Submit," return to the personal profile and make any relevant changes.

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4. Navy Personnel Command point of contact for the Navy Fitness Workshop is Marc Meeker (N221D) commercial (901) 874-6899. DSN prefix is 882 or contact via email [marc.meeker@persnet.navy.mil](mailto:marc.meeker@persnet.navy.mil).



J. KELLY POWELL, Head  
CNIC MWR Mission Essential Branch

Distribution:  
Regional MWR Directors  
Copy to:  
Installation/Site MWR Directors

**AGENDA**  
for  
**NAVY SESSIONS**  
**November 13, 2006**  
**MANDALAY BAY CONVENTION CENTER**  
**Islander Room F**  
**Las Vegas, Nevada**

**Tuesday, November 13, 2006**

- |             |   |
|-------------|---|
| 0800 - 0830 | <b>Introductions</b>  |
| 0830 - 0915 | <b>CNI MWR Program FY07 and beyond</b><br>Chris Mehrer, CNIC MWR Program Director                               |
| 0915 - 0930 | <b>Break</b>  |
| 0930 - 1030 | <b>MWR Mission Essential Program Update</b><br>Kelly Powell, Head, CNI MWR Mission Essential Branch             |
| 1030 - 1045 | <b>Break</b>  |
| 1045 - 1130 | <b>Navy Fitness Programs - Update</b><br>Marc Meeker, Program Manager Navy Fitness<br>CNI Millington Detachment |
| 1100 - 1200 | <b>Navy Sports – Update</b><br>Donald Golden – Navy Sports Program Manager<br>CNI Millington Detachment         |
| 1200 - 1330 | <b>LUNCH</b>  |
| 1330 - 1430 | <b>Providing Dietary Guidance</b><br>Ruth Ann Carpenter, Cooper Institute for Aerobic Research                  |
| 1430 - 1445 | <b>Break</b>  |
| 1445 - 1615 | <b>Youth &amp; Family Fitness Issues and Trends</b><br>Dr. Cedric Bryant  |
| 1615 - 1630 | <b>Break</b>  |
| 1630 - 1730 | <b>Family/Youth Fitness Programming Ideas</b><br>Regional Fitness Personnel                                     |
| 1730 - 1745 | <b>Closing Remarks</b>  |